

Continue



Journey to the heart of aikido pdf

It is our goal that this book will be a valuable resource for the global Aikido community, providing inspiration for those interested in Asian wisdom and spiritual practice. The teachings presented here speak directly to Aikido practitioners of all levels, as well as those who may not have experience with the physical practice itself. This book is not about techniques or advertising specific styles; instead, it aims to strengthen a sense of global common purpose and inquiry through exploring the essential message of Aikido's founder. Join us on this journey as we delve into the heart of Aikido. The book consists of two parts: Part One, "The Journey," takes you on a personal narrative and historical exploration of Aikido's world and living lineage. This includes my own story of discovery and training in Japan, as well as the evolution of Motomichi Anno Sensei's life in Aikido. His fateful meeting with the founder set his life on a new course, leading him to become an international teacher of peace. Part Two, "The Heart of Aikido: Teachings of Motomichi Anno Sensei," shifts from narrative to deep reflections on the heart of Aikido, direct from a master-teacher who studied with the founder. Anno Sensei shares his memories of O-Sensei's teachings and presence, explores spiritual principles that form the foundation of Aikido practice, and explains how these principles can be applied in physical training. Anno Sensei's teachings are shared, illustrating the importance of unity and respect. In the final chapter, he emphasizes the value of Aikido's spiritual approach in today's world, which is crying out for peace. This vision is presented with sincerity, from one heart to another. As I write Journey to the Heart of Aikido, my goals are simple: gratitude and service. I believe that by sharing Motomichi Anno Sensei's wisdom, we can repay his kindness and show our appreciation for all the Aikido teachers who have inspired me. I dedicate this book to the hope that Aikido will contribute positively to humanity's future. Join us on a journey through Journey to the Heart of Aikido. This is a work of love, an offering from the heart. —Linda HolidaySanta Cruz, California "This book offers valuable wisdom and practical ways to cultivate well-being and compassion in our daily lives." —THICH NHAT HANH, Zen master and author of Peace Is Every Step The teachings of Morihei Ueshiba are presented truthfully through Motomichi Anno's lifelong training and Linda Holiday's dedication. I am overjoyed that the essence of what I learned from O Sensei is now available to the Western world. —KAZUAKI TANAHASHI, author of Brush Mind; co-translator of Aikido by Kisshomaru Ueshiba Linda Holiday's Journey to the Heart of Aikido is a fascinating and insightful book that shares the teachings of Motomichi Anno. I highly recommend it to every aikido practitioner and martial arts enthusiast. —STANLEY PRANIN, editor of Aikido Journal As we lose more direct students of Morihei Ueshiba's teaching, we must ensure the truth is passed on. Vision... The journey to the heart of aikido unfolds as Linda Holiday recounts her experiences with Motomichi Anno Sensei at the Kumano district dojo. As she immersed herself in the art, Anno Sensei guided her with humility and a benevolent smile, reflecting on various aspects of practice that would surely answer all questions. The book is a testament to fidelity between student and teacher, as well as between teacher and O-Sensei. According to Morihei Ueshiba, founder of aikido, the art is a way of harmony, an art of peace, and a path of light. Anno Sensei and Linda Holiday have dedicated their lives to preserving Ueshiba's legacy. This book presents Anno Sensei's simple yet profound teachings, along with an inspiring account of his life and experiences with Ueshiba. Linda Holiday has crafted a historical narrative that allows us to see the inspiration of Ueshiba embodied in one of his direct students. As the aikido community evolves, this book will be a guidepost along the way. It's a classic... Linda Holiday has written "Journey to the Heart of Aikido," a book that shares the teachings and stories of Anno Sensei, who had close contact with O-Sensei. The book is a treasure for all Aikidoists and other martial artists, as it offers valuable insights into the founder's philosophy and spiritual approach. The authors quoted in this text praise Linda Holiday for her dedication to sharing Anno Sensei's teachings, which they believe will guide readers on their path to personal and global peace. They also express admiration for the book's ability to inspire greatness through humility, dedication, and self-responsibility. Some of the authors highlight that "Journey to the Heart of Aikido" is a must-read for those interested in understanding O-Sensei's spiritual foundations and the origins of Aikido. They describe the book as exceptional, vibrant, and full of wisdom. The writers also appreciate how Linda Holiday brings Anno Sensei's words to life, sharing his lifelong quest for creating a peaceful martial art inspired by the sacred nature of Kumano. Overall, they believe that "Journey to the Heart of Aikido" is a gift that offers readers a deeper understanding of Aikido's universal principles and its founder's remarkable abilities. "Embark on an unforgettable journey through the heart of Aikido with this captivating book. Renowned instructors and practitioners praise Anno Sensei's personal quest for deeper understanding of Aikido's essence, saying it will not only enlighten readers but also entertain and move them. With humility, compassion, and wisdom, Anno Sensei shares his interpretation of the founder's teachings, revealing the paradoxical nature of Aikido as a martial practice that embodies love and unity. This inspiring story of humanity touches everyone, resonating with the truth of Oneness. Even those unfamiliar with Aikido will recognize its connection to all beings. "Journey to the Heart of Aikido" is a remarkable book that shares the teachings of Motomichi Anno Sensei, one of the few remaining students of Aikido's founder Morihei Ueshiba. With simplicity and eloquence, Anno Sensei conveys the essential spirit of love, harmony, gratitude, and purification in Aikido. The book includes translated discourses by Linda Holiday, a senior instructor of Aikido, who shares intimate conversations between Anno sensei and Western students. It also features Linda's account of her adventure studying Aikido in Japan in the 1970s and a poignant telling of Anno sensei's life and his experience training with Aikido's founder. The book is an essential resource for the global Aikido community, but its spiritual teachings are relevant to all contemporary seekers. It explores themes such as the meaning of martial arts, body-spirit integration, interconnectedness, and peace practices, offering insights into profound questions at the heart of life. Recommended by Aikido experts, including Kimberly Richardson and Paul Rest, "Journey to the Heart of Aikido" is a must-have for any Aikido or martial arts library. The book is available in DRM-free form with digital watermarking and can be read on various devices. To read this ebook, you'll need to install a free app that supports DRM-free EPUB or PDF formats. The publisher has encrypted the book, so you'll have to use special software to unlock and read it. You can download the ebook on a mobile device by installing one of these free apps, or on a PC/Mac using Adobe Digital Editions - a free eBook-specific app that's different from Adobe Reader. Be aware that there are limits on how much of this ebook you can print or copy, so be sure to check the details.